

## BERA EXERCISE & BODY BUILDING CLUB

**HOURS: Monday-Friday 7-9am and 11am-9pm; Saturday 10am-2pm;  
CLOSED Saturdays between Memorial Day & Labor Day**

On behalf of the BBC board (Paul, Lori and myself) I would like thank you all for your continued cooperation at the gym and weight room facilities.

I would also like to take this opportunity to remind everyone that this is a membership driven club, with annual dues each calendar year, complete with guidelines for conduct and bylaws (see below).

Membership renewal will be taking place throughout the month of January. The annual fee has been raised to \$30 due to the necessity of replacing the door lock. The new lock will be a proximity reader for which a separate card will be necessary. Because of this, renewal must be done **IN PERSON, cash or check**, on one of the dates and times listed below. Proximity cards will be **ONE PER PERSON** and are not to be loaned or borrowed. A replacement fee of \$10 will be charged for lost/damaged/stolen cards. The fee increase is the first ever and has been kept to an absolute minimum.

We look forward to serving another term on the board and plan on continued improvements and prompt equipment repair.

Renewal schedule:

**Someone will be in the gym during the times listed below to sign up members.**

Jan 29	Wednesday	4p - 5:15p
--------	-----------	------------

*After Jan 29th, you will need to go to the Recreation Office in Bldg 400A to sign up or renew your membership between the hours of 9-11am, see Joanne.*

## BERA EXERCISE & BODY BUILDING CLUB

Thank you for joining this BERA Club. We are self-governed and use the membership fees for new machines, instruction, education, and facility costs. Please be respectful of the equipment, facilities, and each other in this BERA/BNL sponsored space. Information on the BERA BBC Club officers & club rules can be found here:

[http://www.bnl.gov/bera/recreation/gym\\_membership.asp](http://www.bnl.gov/bera/recreation/gym_membership.asp)

### **BERA BBC Club Etiquette and Rules**

\$30 for all members per calendar year; all will expire 12/31/14.

Lost/damaged/stolen card charge = \$10

Non-employees with a guest appointment or adult family members are welcome. Bring proof of health insurance to the Rec Office in 400 and sign the form.

Always make sure there is someone in the vicinity - do not work out alone. Let others work in with you.

Return plates and dumbbells to their racks, with like weights, when you are done.

**If you see any conditions or actions that you feel are unsafe, contact one of the BBC officers: Paul Sampson x7178, Lori Stiegler x5366 or Paul Geiger x3308**

When people are waiting for equipment, please limit your time on cardio equipment to 20 minutes. Be sure to wipe down equipment after use.

CLEAN sneakers are required. No work boots, no cleats.

Do not bring additional equipment, such as bicycles, into the gymnasium or weight room.

Follow posted hours for workouts and locker room use. You must vacate all facilities from 9am-11am weekdays for cleaning.

Please attend one of the FREE, twice monthly orientations to familiarize yourself with the equipment, and certainly ask your fellow BNLER's for assistance.

<b>2014 Orientation Schedule</b>	
<b>Claire will be at the gym between 5-7pm on the following days:</b>	
Tuesday, Feb 11	Thursday, Feb 27
Tuesday, Mar 11	Thursday, Mar 27
Tuesday, Apr 1	Thursday, Apr 24
Tuesday, May 6	Thursday, May 15